



ITINERARY

Balance

Experience a part of Elizabeth Gilbert's self-discovery journey as seen in *Eat, Pray Love* when you balance your mind, body and soul with this luxurious getaway to Ubud and Seminyak. Restore your body with traditional massage experiences, engage the senses with gastronomical delights and reinvigorate your soul with time by the azure waters of the Indian Ocean.

An ideal itinerary for people who would like to experience Bali's cultural heartland of Ubud and the tropical paradise of Seminyak and beyond. With many inclusions, but also plenty of time to make your own discoveries, this itinerary offers the perfect balance for your rejuvenating wellness holiday.

DESTINATION:
Ubud & Seminyak

DURATION:
7 Days

PRICE:
from \$2,450

DAY 1: Arrival & transfer

Arrive in Bali and transfer to Ubud

DAY 2 Melukat - Spiritual Cleansing Ritual (Half Day Experience)

Re-set your energies with this powerful purification ritual including a palm reading and blessing at a local temple by a Balinese priest. The intention is to clean (melukat) and re-connect (mebayuh) with your birth energies. The priest will start with palm readings (lontar) and read your character according to your birth date. He will also seek a blessing at Merajan or Griya Temple. After the ceremony you will be escorted to enjoy a sumptuous three course lunch at renowned Ubud restaurant The Bridges, followed by a relaxing massage either in your villa or the hotel spa. (B, L)

DAY 3 Fivelements (Half Day Experience)

Fivelements is an award winning eco-wellness retreat bridging the wisdom of traditional healing cultures with innovative wellness concepts. Nestled alongside the Ayung River, you will be immersed in a traditional healing ritual of deep bodywork or energy balancing performed by Balinese healers whose gifted talents have been handed down through generations. This is followed by a three course gourmet lunch at the Sakti Dining Room and access to swimming pool facilities at the retreat. (B, L)

DAY 4 At Leisure

Transfer to Seminyak. (B)

DAY 5 Seminyak Food Safari (Evening Experience)

This evening, experience a mystery journey of high end culinary delights where you can just sit back and enjoy the ride as everything is taken care of in every detail. We have included your restaurant bookings, menu selections, all transport from pickup to dropping you home and the adventure of sampling local restaurants you may not have otherwise had the opportunity to enjoy. From beachside hideaways to fine dining establishments, your meals will vary with hand selected dishes designed with imagination, artistry and style. Ideal for food lovers, adventurous eaters, modest diners, and those simply seeking out the rich variety of cuisine that Bali restaurants have to offer. Special dietary needs and special occasions can be catered for. (B,D)

DAY 6 Amazing Uluwatu (Full Day Experience)

Head south to spectacular Sundays Beach Club in Uluwatu. Marvel at stunning cliff top views before taking the electric funicular ride down to the private beach where you can relax on golden sands or swim in azure waters. Break for a sumptuous lunch before exploring one of Bali's most impressive sea temples, Pura Luhur Uluwatu. At sunset witness a traditional Balinese Kecak dance and music performance before enjoying a seafood dinner facing the Indian Ocean. (B, L, D)

DAY 7: Departure transfer

Enjoy a final spa experience at one of Seminyak's most recommended day spas, Prana Spa, before your transfer from the hotel to the airport. (B)



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WHAT'S INCLUDED

- Private arrival and departure transfers in air conditioned vehicle with chilled bottled water
- 1 x 60 minute massage at The Purist Spa (please book your session time directly with the spa)
- 1 x Yoga session at The Purist Spa (please book your session time directly with the spa)
- 1 x 60 minute massage at Prana Spa (please book your session time directly with the spa)
- 2 x Yoga sessions at Prana Spa (please book your session time directly with the spa)
- Welcome drink and fruits on arrival
- Melukat spiritual cleansing ritual with return transfers in private air conditioned vehicle
- Traditional healing immersion at Fivelements including 1 x 90 minute choice of healing massage or healing energy, 3 course gourmet lunch featuring epicurean plant-based, raw vegan living foods, and access to riverfront pool lounge
- Seminyak food safari with return transfers in air conditioned vehicle

WHAT'S INCLUDED (continued)

- Amazing Uluwatu day tour in private air conditioned vehicle
- Private transfer in air conditioned vehicle between Ubud and Seminyak
- Qualified English speaking guide assistance
- 24 hour emergency assistance
- All applicable entrance fees and donations

WHAT'S NOT INCLUDED

- International airfares and taxes
- Applicable visas
- Optional tours
- Extra meals or beverages
- Personal expenses such as laundry, telephone calls, mini bar, room service
- Tips/porterage
- Personal travel insurance

ACCOMMODATION & MEALS

Invigorate You Travel selects peaceful and tranquil villa style accommodation for your rejuvenating wellness holiday. We personally meet with owners and management, as well as inspect and experience all properties in detail to ensure they meet the highest expectations for our clients. All rooms feature in room Wi-Fi, private pool, aircon, daily turn down service and bathrobes.

An Indonesian resort of relaxation near the heart of Ubud. The Purist Villas offers a perfectly designed luxury hotel atmosphere and a deep sense of tranquillity. The tropical villas resort is designed with the concept of privacy, comfort, and modern architecture combined with traditional features.

The Villas is ideally located in central Seminyak. Privacy is assured within this hidden oasis with beautiful tropical gardens which surround and has all the convenience of a fully serviced hotel.

Included in your package are the following meals:

- 6 x a la carte breakfasts
- 3 x afternoon teas with Balinese sweets at The Purist
- 3 x lunches (beverages not included)
- 2 x dinners (beverages not included)

Please contact us for a recommendation of other restaurants and activities.

PLEASE NOTE

Your stay at The Purist Villas and Spa from Day 1 to 4 includes 1 x Yoga session and 1 x 60 minute massage. Please ensure you book your preferred session times directly with the Spa after check-in. If you would like either of these booked for Day 1 please let us know and we can pre-book this for you.

Your stay at The Villas includes 3 x Yoga sessions and 1 x Massage at Prana Spa. Please ensure you book your preferred session times directly with the Spa after check-in.

For your Fivelements experience on Day 2, please choose from one of the following: 1 x 90 minute healing massage: - Aroma Massage - Prema Massage - Holistic Massage - Invigorating Bodywork - Metaphysical Massage - Acupressure - Sandi Prana -Deep Reflexology; OR 1 x 90 minute healing energy: Panca Mahabhuta - Chakra Balancing - Om Prana Healing

CONTACT US

Contact Invigorate You Travel at:

e: hello@invigorateyoutravel.com

ph: 0423 054 222 (Julie)

ph: 0403 564 317 (Kellie)